

# How to Increase Resilience

using your CliftonStrengths



Increase your

## Awareness

Understanding your situation through the lens of your strengths

## Impact

How did your strengths interpret the situation, and what was the impact thereof?

## Response

How can your strengths contribute to a better outcome?

## Impactful resources

Each member receives powerful resources that are linked to outcomes for your team, which includes:

- The Personal Insights individual worksheet
- Personalised Masterclass worksheet



Includes the **\*\*Strengths Value Multiplier\*\*** process

## Virtual Format - 3 hours

- Breakout rooms enable powerful strengths-based conversations
- Recordings are available for review... for the next 365 days!
- Includes Masterclass Membership for each of your team members

By the end of this 3-hour strengths skills workshop, your team will be able to:

- Understand what resilience is
- Use their strengths to impact the outcome of difficult situations
- Understand how their strengths filter the way they experience difficult situations
- Develop an action plan to approach difficult situations and change the potential outcome

R6,000 excl. VAT  
(20 people max)